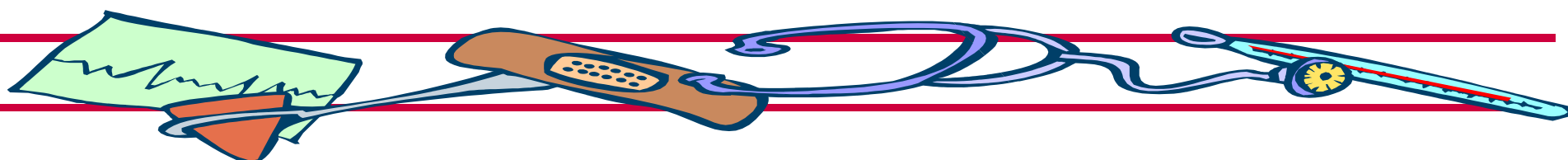




Kingsport Senior Center News

June 2012
Volume XX Edition 02
1200 East Center Street
Kingsport, Tennessee 37660



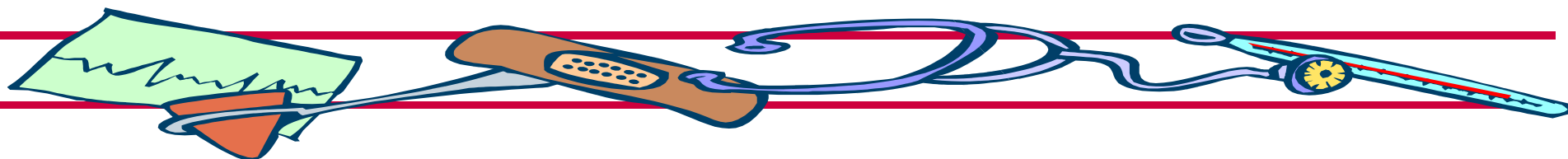
Health and Wellness Fair



Tuesday, June 12, 2012
9:00am-11:30am
Location: KSC First Floor
FREE



**Visit a variety of vendors who will provide
a variety of screenings, educational
information, and free stuff!!!**



Center News

Open Door Policy

The Kingsport Senior Center has an open-door policy and the staff is always willing to accept suggestions, comments, and questions from members.

Kingsport Senior Center Refund Policy

The Senior Center staff is not authorized to give refunds. When a refund is required for any reason, the request is first made at the Senior Center, turned in to the Finance Department and checks are issued. Please allow at least three weeks for processing. A receipt must accompany the request for a refund.

**The Kingsport Senior
Center is located at
1200 E. Center Street at the
Renaissance Center.**

**For more information call the
Center at (423) 392-8400
<http://seniors.kingsporttn.gov>**

Center Hours

**Monday thru Friday 8:00 am ~ 7:00 pm
Saturday 9:00 am ~ Noon**

**Lynn View Senior Center Branch Site
Hours: 9am to 2pm ~ Monday ~ Friday
(See branch site page for more information)**

***The exercise room & computer lab will close
15 minutes prior to the closing of the Center.**

**Membership dues
For Fiscal year
July 1, 2011-June 30, 2012**

\$15 ~ Kingsport Residents
\$35 ~ Sullivan County Residents
\$60 ~ Out-of-County Residents

Kingsport Senior Center Staff

Director ~ Shirley Buchanan
shirleybuchanan@kingsporttn.gov
392-8403

Branch Coordinator ~ Cindy Price
cindyprice@kingsporttn.gov
392-8402

Program Leader ~ Michelle Tolbert
michelletolbert@kingsporttn.gov
392-8404

Wellness Coordinator ~ Kevin Lytle
kevinlytle@kingsporttn.gov
392-8407

Program Leader ~ Marlana Williams
marlanawilliams@kingsporttn.gov
423-392-8405

Secretary ~ Marsha Mullins
marshamullins@kingsporttn.gov
392-8400 **FAX** (423) 224-2488

Program Assistant ~ Jane Whitson
janewhitson@kingsporttn.gov
392-8406

Program Assistant ~ Amber Quillen
amberquillen@kingsporttn.gov
343-9713

Branch Program Assistant ~ Diana Broyles
dianabroyles@kingsporttn.gov
247-5942

Nutrition Site Manager ~ Sona Bingham
246-8060

WELLNESS

WELLNESS SEMINARS

Family Home Care Services: Melinda Hite with Family Home Care Services, LLC will be at the Center on **Tuesday, June 5, 2012** at 12:30 pm in the Card Room. Topic of discussion will be Services Provided by Family Home Care: Light Housekeeping, Meal Preparation, Laundry and Ironing, and Dementia Care just to name a few. This is an event you will not want to miss, so mark your calendar and plan to attend!

Lowering Lipids & Heart Healthy Snacks: Katy Fuqua, MS, RD, LDN, Clinical Dietitian with Indian Path Medical Center will be at the Center on **Tuesday, June 26, 2012** at 12:30 pm in the Card Room. Topic of discussion will be Lowering Lipids & Heart Healthy Snacks: Learn how high cholesterol and high blood pressure can effect your lipids, also get some good tips on making heart healthy snacks. This is an event you will not want to miss, so mark your calendar and plan to attend!

Advance Directives: Vanessa Jessee, RN, Manager of Clinical Integration & Risk Management and Lasuela Carter, RN, Director of Emergency Services will be at the Center on **Wednesday, June 27, 2012** at 10:30 am - 11:30 am in the Card Room. Topic of discussion will be Advance Directives, Planning for Important Healthcare Decisions. This seminar will help you learn about options for end-of-life services, care and implement plans to ensure wishes are honored. All members are invited to attend.

TOURNAMENTS

Shuffleboard Tournament: We invite all shuffleboard players to show off your skills on **Friday, June 29, 2012** at 9:30 am. This tournament will be doubles playing the best three games, with prizes for 1st, 2nd, and 3rd place only. Cost is \$2.00 per person due day of tournament. We will need at least 12 to sign up for tournament to be played. **NOTE:** Plan to bring something for lunch, no player will be allowed to leave during tournament. Sign up in the Office.

Billiards Tournament: We invite all pool sharks to show off your skills on **Wednesday, July 25, 2012** at 9:30 am in the Billiards Room. This tournament will be an 8-Ball Tournament singles play, best of three games and double elimination with a minimum of 12 players to sign up for tournament to be held. Cost is \$2.00 per person, payable the day of the tournament. Prizes will be awarded to 1st, 2nd, and 3rd place only. **NOTE:** We will play on the **first two tables** in the billiards room. Sign ups start on June 27, 2012.

Age Quote of the Month

Age is not a particularly interesting subject. Anyone can get old. All you have to do is live long enough.

-Don Marquis

Zipline Trip at Jayell Ranch

Come join us for a day of Zip Lining at Jayell Ranch in Sevierville, TN. The longest ziplines in the Smokies!! We will depart the Center at 9:00 am **Friday, June 22, 2012**. Lunch is on your own at Damon’s Grill Sevierville. Cost is \$8.00 for transportation payable when you sign up, Zip Line course is 34.00 plus tax. Leave your fears and worries behind... as you experience the thrill of a lifetime at Jayell Ranch's Ziplines! Prepare for highflying fun as you harness up and glide through the air on this thrilling, action packed zipline adventure. Experience a rush as you soar, next to heaven, mountain to mountain, over the trees, with breathtaking views of our surrounding mountain ranges including views of Mount Leconte and North Carolina.

NOTE: There is a weight limit of **275 pounds** to ride the Zip Line, and you must be able to fit into the safety harness and helmet to ride the Zip Line. Be sure to dress appropriately for the weather. We will need a minimum of 15 for trip to go. So stop by the office and sign up.

TAKE A BREAK

If you’re going to watch TV after work, walk around while the sponsors are on. University of Tennessee at Knoxville scientists found that *you can burn almost 150 calories by stepping in place during the commercials of a 1-hour TV show*. It adds up: People who walked during the 25 total minutes of ads logged 1 mile. Just don’t walk to the fridge.

LUNCH LIGHTLY

Will a small lunch make you more likely to binge later? Cornell University researchers don’t think so. They found that *portion-controlled meals save you calories*. People in the study who opted for these meals ate about 250 fewer calories a day than those who ate a buffet lunch. Feeling full isn’t the only signal that a meal is over. An empty plate can do that, too.

FIT TO LIVE

How’s this for a return on your investment? *Exercising for just 15 minutes a day can add 3 years to your life*, a new study in the Lancet reports. Over a 13 year period, each additional 15 minutes of daily exercise (up to 100) slashed people's risk of death another 4 percent. It’s not just a heart benefit, says study author Chi-Pang Wen, M.D., Dr.P.H. Exercise may also reduce risks of diabetes and cancer.

WHAT FOOD SHOULD I EAT EVERYDAY? BEANS

Not only do beans help your heart by reducing LDL cholesterol, but their fiber helps you maintain weight and lowers your risk of cancer and diabetes. **Top types:** *black, navy, and kidney, with nearly 20 grams of fiber per cup.*

Daily Activities and Classes at the Center

Monday ~

Aerobics ~ 8:30 & 9:15 ~ Gym
Tai-chi ~ 8:30 ~ Room 310
Quilting ~ 9:00 ~ Room 303
Open Woodshop ~ 9:00
Camera Club ~ Go to www.scphotogroup.com
Happy Day Singers ~ 9:45 ~ Travel
Clay, Throwing on Wheel ~ 10:00 ~ Ceramics/Clay Room
Strength Training ~ 10:15 ~ Gym
Lap Swimming ~ 12:30 ~ DB Pool
Table Tennis ~ 1:00 ~ Gym
Knitting ~ 1:00 ~ Room 303
Volleyball ~ 4:00 ~ Gym

Tuesday ~

Piano Lessons ~ 8:00 ~ Multipurpose Room
Mini Cardio ~ 8:45 ~ Room 302
Ceramics ~ 9:00 ~ Ceramics/Clay Studio
Dulcimer (Intermediate) ~ 9:00 ~ Atrium
Basic Woodworking (fee) ~ 9:00 ~ Woodshop
Basket weaving ~ 9:30-11:30, 12:00-2:00 Room 303
Strength Training ~ 9:30 ~ Gym
Renaissance Strings ~ 10:00 ~ Atrium
Sing Along ~ 10:15 ~ Cafeteria
Exercise for Everybody ~ 10:30 ~ Gym
Dulcimer (Beginning) ~ 11:00 ~ Card Room
Yoga and Laughter for Seniors ~ 11:00 ~ Room 302
Good Neighbors ~ 12:15 ~ Lounge
Lap Swimming ~ 12:30 ~ DB Pool
Shuffleboard ~ 1:00 ~ Ceramics Hallway
Pickleball ~ 1:00 ~ Gym
Jam Session II ~ 12:30 ~ Cafeteria
Basketball ~ 4:00 ~ Gym
Ballroom Video Class ~ 4:30pm ~ Room 302

Wednesday ~

Aerobics ~ 8:30 & 9:15 ~ Gym
Tai-chi ~ 8:30 ~ Room 310
Open Woodshop ~ 9:00
Clay, Advanced/Intermediate ~ 10:00 ~ Ceramics/Clay Room
Strength Training ~ 10:15 ~ Gym
Intermediate Clogging ~ 11:15 ~ Room 302
Hand and Foot Card Game ~ 12:30 ~ Card Room
Lap Swimming ~ 12:30 ~ DB Pool
Table Tennis ~ 1:00 ~ Gym
Belly Dance ~ (Women Only) ~ 1:00 ~ Room 302

Thursday ~

Piano Lessons ~ 8:00 ~ Multipurpose Room
Mini Cardio ~ 8:45 ~ Room 302
Ceramics ~ 9:00 ~ Ceramics/Clay Studio
Woodcarving ~ 9:00 ~ Room 303
Basic Woodworking (fee) ~ Woodshop
Strength Training ~ 9:30 ~ Gym
Exercise for Everybody ~ 10:30 ~ Gym
Beginning Belly Dance ~ 11:30 ~ Room 302 (Women Only)
Jam Session ~ 12:30 ~ Cafeteria
Good Neighbors ~ 12:15 ~ Lounge
Lap Swimming ~ 12:30 ~ DB Pool
Volleyball ~ 1:00~ Gym
Pickleball ~ 4:00 ~ Gym
Ballroom Dance ~ 5:00 ~ Room 302

Friday ~

Aerobics ~ 8:30 & 9:15 ~ Gym
Genealogy Group ~ 9:00 ~ Computer Lab
Open Woodshop ~ 9:00
Massage Therapy ~ 9:45 ~ Multipurpose Room ~ (appointment only)
Spanish ~ 10:00
Strength Training ~ 10:15 ~ Gym
Lap Swimming ~ 12:30 ~ DB Pool
Pickleball ~ 1:00 ~ Gym
Bridge Group ~ 1:00 ~ Card Room
Art Class ~ Painting ~ 2:00-4:00 ~ Room 303

Saturday ~

Basketball ~ 9:00 ~ Gym
Table Tennis ~ 10:30 ~ Gym
Harmonica ~ 10:00 ~ Multipurpose Room

Beginning Clogging will not meet again until August.



TRAVEL AND SPECIAL EVENTS

Piano Lessons ~ Multipurpose Room ~ Tuesday
and Thursdays beginning on May 29. ~ 9:00am-
12:00pm ~ Cost: \$15.00 per lesson paid to instructor ~
Call Freda for an appointment: 292-2711.

OTLB: Season's at Highland Lake Inn ~ Flat Rock,
NC ~ Friday, June 8, 2012 ~ 9:30am-4:30pm ~ Cost:
\$29.00 lunch/transportation ~ Sign up's began May
2.

"An Evening at the Spa" ~ Multipurpose Room ~
Tuesday, June 12, 2012 ~ 5:00pm-6:45pm ~ Cost: Free
~ Maximum of 12 people ~ Sign up's begin June 1.

What Is Respite Care and Why Do I Need It?" ~
Multipurpose Room ~ Monday, July 16, 2012 ~
9:00am-10:00am ~ Cost: FREE ~ Sign up's begin
June 11.



**Members of Walk
Around Asia**

"Legal Aid Services for Senior Citizens"

Card Room

Tuesday, June 26, 2012

12:30 p.m.

Sign-ups begin: June 5th

Maximum of 28 participants

Speaker: Polly Peterson

Light refreshments will be served

The Kingsport Senior Center will be
starting up a Wii Bowling league within the
center. How this would be played will be deter-
mined by the
number of participants. If interested call Amber
by Friday, June 29.

423-343-9713

Lynn View Artisan Gallery Open House

Saturday, June 9, 2012

10:00am-2:00pm

***Refreshments will be served along with**
demonstrations

The Green Thumb Club
"Plant ya now...Dig ya later."

Become a member of the Kingsport Senior Center
Green Thumb Club.
Help us beautify the
landscape of the Senior
Center.

Call Amber by June 11 if
interested: 343-9713



TRAVEL AND SPECIAL EVENTS

The Red Velvet Cake War

Thursday, June 14, 2012
Location: Barter Theatre
10:30am-5:30pm
Cost: \$28.00/ Lunch on your own

Sign up's began May 3.

"The Motown Sound"

Thursday, July 26, 2012
Location: Wohlfahrt Haus
9:45am-6:00pm
Cost: \$44.00 all inclusive



Sign up's begin June 5.

TN Riverboat Cruise: "Star of Knoxville"

Thursday, August 16, 2012
Location: Knoxville, TN
9:00am-4:30pm
Cost: \$38.00 all inclusive



Maximum of 33 people

Sign up's begin June 22.

North Carolina Arboretum Visit and Lunch

Wednesday, June 6, 2012
Location: Asheville, NC
9:00am-6:00pm
Cost: \$8.00/ Lunch on your own
Bring \$5.00 cash day of trip
WEAR WALKING SHOES



Sign up's began May 4.

Avenue Q

Thursday, June 28, 2012
Location: Barter Theatre
10:30am-5:30pm
Cost: \$28.00
Lunch on your own
Lunch at Ruby Tuesday



Sign up's began May 8.

Your Page

Gotta Dance

June promises to be an exciting month for music and dancing.

June Dance with live music from Kids Our Age.

This is the usual 2nd Friday dance. *Kids Our Age Band* is one of the premier dance bands in the Tri-City area. They will play a dynamic mix of pop, rock, and beach music to satisfy every taste. Intermission will feature Line Dancing led by LynaFaye McConnell. Bring a snack to share if you wish.

Friday, June 8, 2012, 7:00-10:00pm
Rascals Teen Center
125 Cumberland Street, Kingsport
Admission is \$8 per person, or
bring a friend 2/\$15

Sock Hop with Multimedia

Get out the poodle skirt, white T-shirt, bobby socks, or any casual wear to relive the 1950's. Music and videos will feature the early career performances from stars such as Elvis, Bill Haley, Jerry Lee Lewis, Ray Charles, and many more. Selections from pop stars including The Drifters, The Platters, Bobby Darin, Ricky Nelson and Jim Reeves will round out the program.

DO NOT bring food to this dance since all snacks and drinks will be provided. In addition to the SOCK HOP dance, LynaFaye will lead a couple sessions of Line Dancing from 6:30-7:00pm, and 8:00-8:30pm. Be sure to note the new venue—The Press Room at Food City.

Friday, June 29, 2012, 6:30-10:00pm
The Press Room (behind Food City)
300 Clinchfield Street (near the Farmer's
Market), Kingsport
Admission is \$8 per person, or
Bring a friend 2/\$15

Widowed Person Support Group

Thursday, June 21, 2012
(Meets the 3rd Thursday of each month)
Multipurpose Room
5:00pm-6:00pm
FREE
Leader: Ben Hubert

Massage Therapy
Fridays with Debra Defrieze
30 minute massage \$15.00,
call (423)791-4693

Woodmen Of The World Breakfast

Friday, June 15, 2012
8:30am-9:30am
Cafeteria
Free
Sign up's begin June 1.

Karaoke will not be meeting in June, July, or August. Will resume in September.



NEWS TO USE

Social Media For Seniors **(Computer Class)**

Wednesday, August 8
Wednesday, August 15
Wednesday, August 22
Wednesday, August 29

Cost: \$25 a session
Location: Computer Lab
Time: 9:00am-10:30am

Social media sites allow senior citizens to keep up with children and grandchildren and give them a voice on local events. In the world of social media, the big names you may know are Facebook, YouTube, and Pinterest. This class will allow you to learn the basics to make these internet applications work for you, the way YOU choose!

Maximum of 12 students

Sign up's begin June 6.

"Cooking On A Shoestring" **UT Extension Workshop**

Monday, July 16, 2012
10:00am-10:45am
Multipurpose Room
FREE

Come find ways to save on making nutritious and delicious meals.

Sign up's begin June 6.

A Tasty Treat From Marsha

Oven-Roasted Asparagus

Ingredients

1 bunch asparagus spears, trimmed
Olive oil
Parmesan cheese, to taste
Garlic, to taste
Salt and pepper, to taste
Lemon juice, optional

Directions:

Preheat oven to 425 degrees.

Place asparagus in a large bowl or large zip plastic bag and toss with olive oil to coat the asparagus. Sprinkle with cheese, garlic, salt and pepper and arrange on a baking sheet in a single layer.

Bake until just tender, approximately 12-15 minutes. Sprinkle with lemon juice just before serving, if desired.

Serves 4.



Spring 2012 Branch Site Class Schedule

<p>Thank you to Colonial Heights Baptist Church for becoming our newest Branch site. See new classes below and watch for updates.</p> <p><u>Advanced Yoga</u></p> <ul style="list-style-type: none">• Tuesdays & Thursdays• Time: 11:00am - 11:30am• Location: First Broad Street UMC, Rec. Room• Instructor: Tish Kashdan <p><u>Ageless Grace</u></p> <ul style="list-style-type: none">• Class suspended until the fall session• Colonial Heights Baptist Church Family Life Center• Instructor: Larissa Powers• Ageless Grace is a fitness and wellness program. The program consists of 21 simple exercise Tools designed for all ages and abilities. These exercises, based on everyday movements that are natural and organic, focus on the healthy longevity of the body and mind. The 21 Tools have creative, imaginative names, so they are easy to remember. They are simple to do at home. The movements are designed to be performed seated in a chair, yet they can be done on a bed, standing near or behind a chair, down on the floor, or standing. Almost anyone can do them, regardless of most physical conditions. <p><u>Artist and Crafters Monthly Breakfast</u></p> <ul style="list-style-type: none">• June 12, 9:30 a.m.• Lynn View Community Center• Please call for reservation <p><u>Core Conditioning</u></p> <ul style="list-style-type: none">• Tuesdays & Fridays• 10:00 am• Location: Lynn View Community Center• Instructor: Chris Hicks• Great for all ages.• Gain core strength <p><u>Couponing Group</u></p> <ul style="list-style-type: none">• Ongoing• No FEE• Instructor/ Group Leader: Val Rhea• Location: Lynn View Branch Site• Share coupons/ ideas/ guest speakers• 2nd Monday of each month/ 5:30• Intergenerational/ do not have to be a member to attend couponing group.	<p><u>Drawing</u></p> <ul style="list-style-type: none">• Wednesdays• Time: 10:00 a.m. - 12:00 noon• Location: Lynn View Branch Site• Instructor: Jo Anne McDonough• Basic drawing class <p><u>Game Day</u></p> <ul style="list-style-type: none">• 3rd Tuesday of Month• Time: 12:00 noon• Lynn View Cafeteria• Group Leader: TBA• Sequence and variety of board games <p><u>Line Dance - Beginning</u></p> <ul style="list-style-type: none">• Monday• Time: 11:30am - 12:30pm• Location: Lynn View Community Center• Instructor: Lyna Faye McConnell• MUST WEAR SOFT-SOLED SHOES <p><u>Line Dance - Intermediate</u></p> <ul style="list-style-type: none">• Mondays• Time: 12:45pm –1:45pm• Location: Lynn View Community Center• Instructor: Lyna Faye McConnell• Faster-paced, less instruction for advanced dancers. <p>MUST WEAR SOFT-SOLED SHOES</p> <p><u>Pickle-ball</u></p> <ul style="list-style-type: none">• Monday & Friday• 2:00—4:00 pm• Lynn View Community Center <p><u>Pliates and Yoga</u></p> <ul style="list-style-type: none">• Mondays & Wednesdays• 12:00 noon• Lynn View Community Center• Instructor: Larissa Powers <p><u>Private Personal training with Chris</u></p> <ul style="list-style-type: none">• Call for appointment ~ 723-9967• Call for prices• Instructor: Chris Hicks <p><u>Silver Sneakers Muscular Strength and Range of Movement</u></p> <ul style="list-style-type: none">• Mondays & Wednesdays• 10:00 a.m.• Lynn View Community Center• Instructor: Chris Hicks	<p><u>Silver Sneakers Yoga Stretch *NEW*</u></p> <ul style="list-style-type: none">• Mondays & Wednesdays• 9:00 a.m.• Lynn View Community Center• Instructor: Diana Broyles• <p><u>Strength Training</u></p> <ul style="list-style-type: none">• Tuesdays & Thursdays• Time: 9:00 a.m.• Location: Lynn View Community Center• Instructor: Chris Hicks <p><u>Total Body Workout</u></p> <ul style="list-style-type: none">• Mondays & Wednesdays• Time: 9:30am• Location: TBA• Instructor: Terri Bowling <p><u>Volleyball</u></p> <ul style="list-style-type: none">• Wednesdays & Fridays• 11:00 a.m. - 2:00 p.m.• Lynn View Community Center <p><u>Yoga</u></p> <ul style="list-style-type: none">• Tuesdays & Thursdays• Time: 11:30am - 12:30am• Location: First Broad Street UMC• Instructor: Tish Kashdan <p><u>Walking/Indoor</u></p> <ul style="list-style-type: none">• Monday thru Friday• Suspended until fall• Location: Colonial Heights Baptist Church Family Life Center <p><u>Zumba Fitness</u></p> <ul style="list-style-type: none">• Tuesdays & Fridays• Time: 11:00 am• Location: Lynn View Community Center• Instructor: Brooke Taylor• Minimum of 8 students required
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SENIORFEST July 16-20



Block Party Featuring:



July 6th
5:00 - 8:00
p.m.

Cake Walk
Yard Games

Free Admission
*Please bring a canned good for
Second Harvest Food Bank





2012 Senior Fest Schedule



Monday, July 16

Biscuits for first 100 participants provided by Friends of the Senior Center (Ceramic room hallway)

8:30 & 9:15 a.m. ~ Aerobic Demonstrations (Gym)

9:00a.m. ~ Piano Music by Freda (Atrium)

9:00 a.m. ~ Open Woodshop

9:00 a.m. ~ What is Respite Care and why do I need it? (Multipurpose Room)

9:00 a.m. ~ Clay Open House (Ceramic/Clay Room)

9:00 a.m. ~ Quilt Show for current quilting class participants (Card Room)

9:45 a.m. ~ Happy Day Singers

10:00 a.m. ~ Cooking on a Shoestring (Multipurpose Room)

10:15 a.m. ~ Strength Training (Gym)

11:30 a.m. ~ Door prizes - must be registered and present to win (Atrium)

Vendors

Comfort Keepers

Helping Hands Muscle Therapy

Mac's Medicine Mart

All day events:

Exercise Room, Billiards –Pool Room

Play the Wii (Ceramic Room hallway)

See vendors (hallways inside Senior Center)

Play Horseshoes (back lawn)

Computer lab open house ~ 9:00 a.m.—1:00 p.m.

Intro to Genealogy Club (Computer lab) ~ 10:00 a.m.—1:00p.m

Omega Challenge Games in afternoons M-W-F

Tuesday, July 17

8:45 a.m. ~ Mini Cardio (Room 302)

9:00 a.m. ~ Breakfast with Remington House (Cafeteria)

9:00 a.m. ~ Ceramics Open House (Ceramic/Clay Room)

9:00 a.m. ~ Gray Fossil Site Presentation (Card Room)

9:00 a.m. ~ Basket Making (Room 303) Observe basket weaving by class

9:30 a.m. ~ Make and Take Craft ~ sponsored by Asbury Place of Kingsport (Pool Room Hallway)

9:30 a.m. ~ Strength Training Demo (Gym)

10:00 a.m. ~ Renaissance Strings Perform (Atrium)

10:00 a.m. ~ Blues Brothers (Cafeteria)

10:30 a.m. ~ Exercise For Everybody (Gym)

11:30 a.m. ~ Door prizes - must be registered and present to win (Atrium)

Vendors:

Comfort Keepers

Helping Hands Muscle Therapy

Mac's Medicine Mart

All day events:

Exercise Room, Billiards –Pool Room

Play the Wii (Ceramic room hallway)

See vendors (hallways inside Senior Center)

Computer lab open house ~ 9:00 am - 1:00 pm

Intro to Genealogy Club (Computer lab) ~ 9:00 a.m. - 11:00 a.m.



Wednesday, July 18

**Bojangles Bo Berry Biscuits for the first 50 participants
Mini Muffins for the first 50 participants provided by Perkins**

**8:30 & 9:15 a.m. ~ Aerobics Demo (Gym)
9:00 a.m. ~ Piano Music by Freda (Atrium)
9:00 a.m. ~ I.C.E. "In Case of Emergency" (Card Room)
9:00 a.m. ~ Clay Open House (Ceramic/Clay Room)
9:00 a.m. ~ Open Woodshop
10:00 a.m. ~ Wishes to Wisdom Fashion Show (Theater)
10:15 a.m. ~ Strength Training Demo (Gym)
11:30 a.m. ~ Door prizes - must be registered and present to win (Atrium)**

Vendors:

**Comfort Keepers
Helping Hands Muscle Therapy
Mac's Medicine Mart**

All day events

**Exercise Room, Billiards –Pool Room
Play the Wii (Ceramic room hallway)
See vendors (hallways inside Senior Center)
Play Horseshoes (back lawn)
Computer lab open house ~ 9:00 a.m.. - 1:00 p.m.
Intro to Genealogy Club (Computer lab) ~ 10:00 a.m. - 1:00 p.m.**



Thursday, July 19

**8:30 a.m. ~ Senior Olympic Breakfast sponsored by Health South
Rehabilitation Hospital (cafeteria)**

8:30 a.m. ~ Music by Harry and Janrose (Atrium)

8:45 a.m. ~ Mini Cardio (Room 302)

9:00 a.m. ~ Library Book Day (Hallway, outside Senior Center office)

**9:30 a.m. ~ Make and Take Craft ~ sponsored by Asbury Place of Kingsport (Pool
Room Hallway)**

10:00 Dandy Don - Cowboy and Western Show (Theater)

10:30 a.m. ~ Exercise For Everybody (Gym)

11:30 a.m. ~ Door prizes - must be registered and present to win (Atrium)

Vendors:

Comfort Keepers

Helping Hands Muscle Therapy

Mac's Medicine Mart

All day events:

Exercise Room—Billiards —Pool Room

Play the Wii (Ceramic room hallway)

See vendors (hallways inside Senior Center)

Play Horseshoes (Back lawn)

Computer lab open house ~ 9:00 a.m.—1:00 p.m.

Intro to Genealogy Club (Computer lab) ~ 9:00 a.m. - 11:00 a.m.



Friday, July 20

8:30 a.m. ~ Woodmen of the World Breakfast (Cafeteria)

8:30 & 9:15 a.m. ~ Aerobics Demo (Gym)

8:30 a.m. ~ Music by Harry and Janrose (Atrium)

9:00 a.m. ~ Open Woodshop

9:30 a.m. ~ Journey's End No Kill Animal Shelter (Atrium, pool room side)

9:30 a.m. ~ Corn Hole Toss sponsored by Care Central 1, 2 and 3rd prizes will be awarded (Atrium - clay and ceramic studio side)

10:15 a.m. ~ Storytelling with Leon Overbay, "Southern Humor" (Room 310)

10:15 a.m. ~ Strength Training Demo (Gym)

11:30 a.m. ~ Door prizes - must be registered and present to win (Atrium)

Vendors:

Comfort Keepers

Helping Hands Muscle Therapy

Mac's Medicine Mart

All day events:

Exercise Room, Billiards –Pool Room

Play the Wii (Ceramic room hallway)

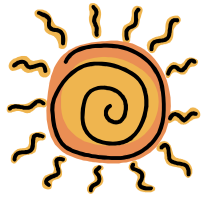
See vendors (hallways inside Senior Center)

Play Horseshoes (Back lawn)

Computer Lab Open House ~ 9:00 a.m.—1:00 p.m.

Intro to Genealogy Club (Computer lab) ~ 9:00 a.m. –11:00 a.m.





Father's Day Picnic

Tuesday, June 19, 2012

11:30am-1:30pm

Allandale Pavilion

Cost: Bring a side dish



**Entertainment by:
Dandy Don**

Sign up's began May 25

**Kingsport Senior Center
1200 E. Center Street
Kingsport, TN. 37660
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